

**APPENDIX L**  
**SUGGESTED PROCEDURE FOR MICROWAVE HEATING OF REFRIGERATED**  
**INFANT FORMULA**

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**Prior to heating:**

- Heat only 4 oz or more
- Heat only *refrigerated* formula
- Always *stand* the bottle up
- Always leave the bottle top *uncovered* to allow heat to escape

**Heating instructions (full power) (1 bottle):**

- 4oz bottles – heat for no more than 30 seconds
- 8oz bottles – heat for no more than 45 seconds

**Serving instructions:**

- Always replace nipple assembly; invert 10 times (vigorous shaking is unnecessary)
- Formula should be cool to the touch; formula warm to the touch may be too hot to serve
- Always *test* formula before serving to the child

**Notes:**

- Playtex, Evenflo and Gerber unanimously recommend that microwaves are not used to heat formula in nurseries with disposable plastic inserts because hot spots in the milk may weaken the seams.
  - Microwaving glass bottles may result in cracking or exploding and should be avoided.
  - When formula is microwaved, heat accumulates in the top of the bottle. Therefore, shake well and test the temperature by shaking some of the liquid on top of your hand. If heated formula feels warm to the touch, it is probably above body temperature and should not be used until it cools.
  - Bottles must be heated without a nipple or a cap and inverted at least 10 times prior to serving in order to avoid oral cavity and esophageal burns.
  - Licensing rules for group and family child care do not prohibit heating formula in a microwave. However, the use of microwaves for heating formula is not recommended by the department.
  - **Chapters HFS 45 Family Child Care Centers and HFS 46 Group Child Care Centers for Children prohibit the heating of breast milk in microwaves.**
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**Heating Solid Foods**

- Prior to heating: Microwaving solid baby foods in the jar is not recommended and foods should be transferred to a dish.
- Heating instructions: Babies should not be fed foods heated any higher than between 90 to 120 degrees Fahrenheit. This temperature is reached when 4 oz of solid food in a dish is heated for approximately 15 seconds on high power.
- Serving instructions: Always stir, let food stand 30 seconds and taste test before using. Food that is “baby-ready” should feel lukewarm to you.